

# TSHUAJ TIVTHAIV KABMOB SIAB HOM A

## YAM KOJ YUAVTSUM TAU PAUB TXOG

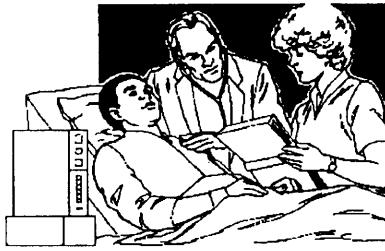
### 1 Kabmob siab hom A yog dabtsi?

Kabmob siab hom A yog ib yam kabmob phem rau lub siab uas yog vim tus kabmob siab hom A (HAV). HAV muaj nyob rau hauv cov quav ntawm cov tibneeg uas muaj kabmob siab hom A. Feem ntau nws kis los ntawm kev uake thiab qee zaum yog los ntawm kev noj tau tej zaubmov lossis haus tau tej dej uas muaj tus kabmob HAV.

Kabmob siab hom A muaj cuabkav ua rau:

- mob xwsli “ua-no”
- dajntseg (tawv lossis ntsiabmuag daj)
- mob plab heev thiab thoj plab

Cov tibneeg uas kis kabmob siab hom A feem tau raug mus pw hauv tsev khomob. Muaj qee zaum, kabmob siab hom A kuj ua rau tuag.



Ib tus tibneeg uas muaj kabmob siab hom A yuav kis tau tus kabmob ntawd yoojyim rau lwm tus hauv nws tsevneeg.

**Tshuaj tivthaiv kabmob siab hom A muaj cuabkav tivthaiv tau tus kabmob siab hom A.**

### 2 Leejtwg tsimnyog txhaj tshuaj tivthaiv kabmob siab hom A thiab thaum twg?

- Cov tibneeg uas muaj 2 xyoos thiab laus dua uas tabtom taug kev mus rau lossis ua haujlwm hauv cov tebchaws uas muaj kabmob siab hom A ntau, xwsli cov tebchaws nyob rau Nruabnrab lossis Qabteb Amelikas, Caribbean, Mev Teb, Axias (tshwj Nyijpooj), Afrikas, thiab phab qabteb lossis hnub tuaj Yulauv. *Cov tshuaj tivthaiv yuavtsum yog pib txhaj ib blis uantej sawv kev mus.*
- Cov tibneeg uas nyob nrog tej pawg tibneeg uas muaj kabmob siab hom A ntev los lawm.

- Cov tibneeg uas nyob nrog cov tibneeg uas feem coob muaj kabmob siab hom A: xwsli, Cov Khab, Khab Alaskas, thiab cov tibneeg uas tuaj cov Povtxwv Paxifiv tuaj thiab tej pawg tibneeg uas coj tib yam kevciai dab-qhuas thiab nyob uake.
- Cov txivneej uas txiag txivneej.
- Cov tibneeg uas siv yeeb-tshuaj tom tej kev.
- Cov tibneeg uas pheej muaj mob hauv lub siab.
- Cov tibneeg uas txhaj tshuaj txhaws qhov ntshav.

**Yuav tau txhaj ob koob cov tshuaj tivthaiv no, nrug yam tsawg 6 lub hlis, thiaj yuav muaj kev tivthiav ntev mus.**

Tshuaj tivthaiv kabmob siab hom A txhaj tau tib lub sijhawm uas txhaj lwm cov tshuaj tivthaiv.



### 3 Tej txhia tibneeg tsis tsimnyog txhaj tshuaj tivthaiv kabmob siab hom A lossis tsimnyog tos

Cov tibneeg uas txhaj tsis haum tshuaj tivthaiv kabmob siab hom A dua lawm tsis tsimnyog txhaj ib koob ntxiv.

Cov tibneeg uas tsis xis nyob thaum lub sijhawm uas teem mus txhaj tsimnyog txhaj koob tshuaj tivthaiv kabmob siab hom A. Cov tibneeg uas muaj mob pesnrab lossis mob loj tsimnyog tos txog thaum lawv zoo tso. Koj tus kws khomob lossis tus neeg saib mob muaj cuabkav yuav qhia koj ntxiv.

Tseem tsis tau paub tias koob tshuaj tivthaiv kabmob siab hom A no puas muaj kev pheejxeeb rau cov pojniam xeebtub. Tabsis xav tias qhov uas tsis zoo rau tus pojniam uas xeebtub thiab nws tus menuyam mas muaj tsawg heev li.

Nug koj tus kws khomob lossis neeg saib mob txog cov kev qhia ntxiv.

4

## Cov kev tsis zoo los ntawm koob tshuaj tivthaiv kabmob siab hom A yog dabtsi?

Ib Yam tshuaj tivthaiv, zoo li lwm Yam tshuaj, yeej muaj qhov ua rau muaj taus teebmeem loj, xwsli kev mob vim txhaj tsis haum tshuaj. Qhov uas koob tshuaj tivthaiv kabmob siab hom A yuav ua rau muaj mob loj, lossis tuag mas yuavluag tsis muaj hlo li.

Txhaj koob tshuaj tivthaiv kabmob siab hom A muaj kev pheejeeb heev tshaj li kis tus kabmob ntawd.

### Cov teebmeem me

- mob ntawm lub qhov koob (*li 1 ntawm 2 tus laus, thiab 1 ntawm 5 tus menuam yaus*)
- mob taubhau (*li 1 ntawm 6 tus laus thiab 1 ntawm 20 tus menuam yaus*)
- tsis qablos (*li 1 ntawm 12 tus menuam yaus*)
- nkees nkees (*li 1 ntawm 14 tus laus*)

Yog tias muaj cov teebmeem no, nws niaj zaus muaj li 3-5 hnub tomqab txhaj tshuaj tas thiab ntev li 1 lossis 2 hnub.

### Cov teebmeem loj

- kev tsis haum tshuaj loj, tsis dhau ob peb feeb mus rau ob peb teev tomqab txhaj tshuaj tas (*muaj tsawg kawg nkaus*)

5

## Yog tias muaj kev tsis haum tshuaj pesnrab lossis loj nev?

### Kuv tsimnyog xyuas txog dabtsi?

Tej Yam uas txawv xwsli kubcev lossis hloov coojpwm. Cov uas qhia txog kev txhaj tsis haum tshuaj loj yog tej Yam xwsli ua tsis taus pa, txog siav, lossis hawbpob, ua-xua, ntsejmuag daj, tsis muaj zog, lub plawv ntoj ceev, lossis kiv taubhau.

### Kuv tsimnyog yuav ua dabtsi?

- Hu rau ib tus kws khomob, lossis coj tus tibneeg ntawd mus cuag kws khomob tamsim.
- Qhia rau koj tus kws khomob tias muaj dabtsi tshwmsim, hnub thiab sijhawm uas tshwmsim, thiab txhaj koob tshuaj tivthaiv thaum twg.

- Hais kom koj tus kws khomob, neeg saib mob, lossis phab saib kev nojqab haushuv ua daim ntawm Qhia Txog Kev Txhaj Tsis Haum Tshuaj Tivthaiv (VAERS), lossis hu rau VAERS ntawm koj tuskheej ntawm **1-800-822-7967**.

6

## Kuv yuav nrhiav kev qhia ntxiv licas?

- Nug koj tus kws khomob lossis neeg saib mob. Lawv muaj cuabkav yuav muab tau pob ntawv nrog koob tshuaj lossis lwm Yam kev qhia ntxiv rau koj.
- Hu rau phab saib xyuas kev nojqab haushuv hauv koj cheebtsam lossis koj lub xeev.
- Hu rau Phab Tswj thiab Tivthaiv Kabmob (CDC):
  - Hu rau **1-800-232-2522** (Askiv)
  - Xyuas National Immunizations Program li website ntawm <http://www.cdc.gov/nip>, lossis CDC li kabmob siab website <http://www.cdc.gov/ncidod/diseases/hepatitis/hepatitis.htm>.

### NTSHAV TUA KABMOB (IG)

Ntshav tua kabmob muaj cuabkav muab kev tivthaiv tau kabmob siab hom A *ibvuag*.

#### Leejtwg tsimnyog txhaj IG?

- Cov tibneeg uas kov raug (kis) HAV thiab muaj cuabkav txhaj IG tsis pub dhau li 2 lub limtiam tomqab kov raug.
- Cov tibneeg uas taug kev mus rau tej thaj chaw uas muaj kabmob siab hom A ntau, yog tias lawv tsis tau txhaj koob tshuaj tivthaiv kabmob siab hom A.

#### Tsimnyog txhaj IG thaum twg?

Nws muaj cuabkav txhaj tau uantej kov raug HAV lossis tsis pub shau 2 lub limtiam tomqab kov raug.

#### Cov kev zoo

IG tivthaiv tau HAV li 3-5 lub hlis, nyob ntawm koob loj los me.

#### Cov kev tsis zoo

Qee zaum qhov nqaij o, ua-xua, lossis tsis haum tshuaj.



**CDC**  
CENTERS FOR DISEASE CONTROL  
AND PREVENTION

**U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES**  
Centers for Disease Control and Prevention  
National Immunization Program

Vaccine Information Statement  
Hepatitis A IMM 502 ML Hmong (8/25/98)  
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